

Menu 3 of 5 Date: _____

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Grain/Bread	WW Bagel	Kix Cereal	Pancakes	Oatmeal w/ Raisins	Flour Tortilla
Fruit/Veggie	Apricots	Grapes	Blueberries	Strawberries	Baked apples
Milk	Whole/1%	Whole/1%	Whole/1%	Whole/1%	Whole/1%
Lunch	HM Chicken Soup	Fish Sticks	Bean Burrito	Baked Chicken	Sloppy Joes
Grain/Bread	Rice	Breading	Flour Tortilla	Whole Wheat Roll	Hamburger Bun
Meat/Meat Alt.	Chicken	Fish (white)	Refried Beans/Cheese	Chicken	Ground Turkey
Fruit/Veggie #1	Celery/Carrots/Potatoes	Corn	Salsa	BBQ Beans	Tomato Sauce
Fruit/Veggie #2	Grapes	Mandarin Oranges	Mixed Fruit	Applesauce	Banana
Milk	Whole/1%	Whole/1%	Whole/1%	Whole/1%	Whole/1%
AM Snack					
Select 2 components	Carrots	Waffle	Baked Potato	Fruit Skewers	Cottage cheese
	Brown Rice	Melon	Shredded Cheese	yogurt	peaches
PM Snack					
Select 2 components	Turkey/Ham	Wheat Thins	Bran Muffin	Granola Bar	Breadsticks
	Whole Wheat Bread	String cheese	Milk	Cranberry Juice	Marinara sauce

Whole milk will be provided for children 1-2 years of age and 1% milk will be provided for all children over the age of 2.

Water is offered with all meals.

All juices served are 100% fruit juice.

This institution is an equal opportunity provider.